



# L'plunge home + spa

NEWSLETTER  
ISSUE FOUR

## promos

### VALENTINE'S DAY

**ALL YOU NEED IS LOVE**  
**Valentines Promotion**

### TWO HEARTS ONE LOVE

**3 hrs \$325 per person**  
Every couples dream escape. Begins with L'plunge welcoming foot soak ritual and Indian head massage, followed by a refreshing skin treatment customised for your skin. Complete your treatment with a one hour full body massage.

### JUST BLISS

**2 hrs \$245 per person**  
The energy of the ocean, the dance of the sea. Drift in to bliss together with this rhythmic island style massage and Polynesian delight. Complete your relaxation with a comfort zone mini facial.

### MARCH

Turn 60mins of massage into 90mins of heavenly massage. **Receive 30mins for free.**

### APRIL

Esthderm younger longer customised parisian face treatment. Includes skin scanner and double exfoliation. **Mask + Massage + Eye Treatment 90mins \$145**

## what's new to L'plunge

### ENVIRON ADVANCED VITAMIN RANGE AVST.

New to Australia a medically advanced antioxidant system using peptides vitamins and antioxidants to manage sun-damage and aging.

As you know I am constantly researching the latest ingredients for the skin With so many misleading claims its important to concentrate on the science behind your product rather than the marketing.

Every single ingredient you use on your skin should have a function and benefit. Firstly to protect the epidermis, secondly to rebuild collagen and increase cell turnover and lastly to prevent further damage from the environment.

Ask yourself - do you know if your skincare is doing this for you? I urge you to do some of your own research into what really works.

Do you believe your skin condition could improve? Well the truth is it can. The big buzz at the moment are peptides such as Argireline and Matrixyl 3000 which are proving to work extremely well.

Science continues to prove however that vitamin A is the real weapon when it comes to fighting aging and that vitamin A is a master ingredient when it comes to stimulating collagen production and normalising the function of your skin.

Be aware that vitamin A should be introduced to the skin step by step

This will ensure you do not create any reactions redness or irritation.

If you are looking to improve your current skin condition look no further. This new formula from environ combines the benefits of peptides with the protective and rejuvenating function of antioxidants. I have long been a fan of the Environ range, founded by Dr Dez Fernandez Leading plastic surgeon and dermatologist who was commissioned by a team of skin experts worldwide to formulate his luxury lonsome range.

We now offer these scientifically proven treatments and products at L'plunge. Using a sound wave machine we can infuse all the essential vitamins necessary resulting in 4000 times greater penetration of ingredients.



### ENVIRON INFORMATION AND DEMONSTATION WORKSHOP

**Evening session** from 6pm – 9pm 18.3.09  
**Day session** from 10am – 5pm 25.3.09

**Book now for a comprehensive skin consultation for the month of February. Receive a \$50 discount off the SPEED OF SOUND SKIN SCIENCE FACIAL.**

## AVST Protective Anti Oxidant Cream

Fight aging day and night. Powerful formulation containing powerful anti-oxidants and concentrated vitamins to help fight aging.



## speed of sound skin science facial

Skin scanner and comprehensive skin analysis  
Environ skin preparation  
Sound wave treatment  
Vitamin infusion and anti oxidant mask  
Wellbeing hand or foot massage

**Introductory offer \$185 valued at \$250**



## new boutique arrivals

Explore the meaning and healing properties of natures precious crystals. New to L'plunge exquisite hand picked collection of beautiful crystals.

Affirmation gift boxes for daily positivity and encouragement. Now in store Joy Jewelry highest quality sterling silver rings, bracelets and necklaces.

New mercury glass jewellery boxes and glass by Safade.



## beauty room - what's new

### NEW MINERAL LIPSTICKS FROM ISSADA – \$45 EACH

#### The ultimate natural protection for your lips

Mineral ingredients – Natural sun protection – Gorgeous shades.

### FASHION AT YOUR FINGER TIPS – \$20 EACH

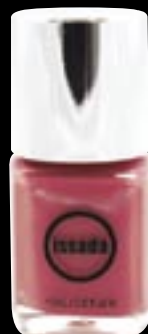
Luxury nail polishes – Brilliant Shine – Streak free – Long wearing

### ISSADA BRUSH BRILLANCE

#### Exclusive offer to L'plunge Home and Spa

Superior quality 100% natural bristle with a lifetime guarantee. These brushes are highly sort after and are fast becoming a collectors item.

Collect these jewels one at a time or purchase the complete set of makeup Issada brushes and receive a complimentary treatment liquid foundation & eye shadow **valued at \$110.**



### ISSADA IN SALON EVENT

Thursday 2.4.09 10am – 7pm.

**Bookings essential.**

Experience a personalised session with visiting makeup artist Jacqueline from Issada, who will guide you on how to choose the correct shade of foundation for your skin and the art enhancing your natural features.

**\$50 booking fee redeemable on any 2 products. 45 MINS.**



## imagination is power

Recently I was listening to Jack Canfield author of "Chicken Soup for the Soul".

He mentioned something **THAT REALLY RESONATED WITH ME.**

HE SUGGESTS TO RUN YOUR LIFE BY YOUR VISION AND NOT YOUR FEELINGS. Concentrate on our feelings AND YOU WILL END UP ALL OVER THE PLACE. Concentrate on YOUR vision and YOU WILL REACH YOUR GOALS.

## hints and tips

Most people cleanse their skin in the shower. They scrub their face as hard as they can and blast it with the shower...WRONG.

### Treat your skin with care and you will avoid problems.

Most cleansers are water soluble and therefore are not always effective at dissolving sebum dirt or oil that is often clogged within the pores of your skin. Especially if you leave makeup on overnight.

Try an oil soluble pre-cleanser which will dissolve oil, dirt and makeup, resulting in a thorough but gentle cleansing for your skin.

Then choose a skin specific cleanser suitable for your skin condition EG: Anti-bacterial for problematic skins to purify and exfoliate or a cream cleanser for a dry skin to cushion your skin from moisture loss.

## this one's for the blokes:

ENVIRON SKINCARE FOR MEN

ANTI-AGING VITAMIN RANGE FOR MEN.



### Thinking of that special gift for family and friends then look no further than a L'plunge gift voucher.

L'plunge opening hours are:

**Closed Monday.**

Tuesday, Wednesday, Friday & Saturday 9.00am – 5.00pm  
Thursday 9.00am – 8.00pm (evening by appointment only)

We offer all the essential grooming you need as well as face, body and massage therapies, replenishing spa treatments, packages and day escapes.

**Spa location:** 200 Middle Street . Cleveland Q 4163

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